

TED Talks – Resilience

With **Facilitator Notes** Interspersed

I. Welcome/Overview of Session:

Facilitator Notes:

Read the following paragraph to participants and review session content.

This session examines *Resilience* from three different speakers and three different perspectives. The definition of Resilience in Merriam Webster's Dictionary is as follows: an ability to recover from or adjust easily to misfortune or change. Life regularly presents us all with change and adversity in both our personal and professional lives. Our attitudes and approach to recovering and adjusting to these events are critical to our ultimate happiness and success. Through these speakers, we will engage in thought-provoking discussions on how to be happier, productive, and more resilient people.

II. Set Purpose for Learning/Objectives:

Facilitator Notes:

Inform participant of the objectives below.

- Increase awareness of how resilience can change our prospects for happiness and success.
- Consider the ways that mind over matter can change your life.
- Understand the term vulnerability and how it can improve your relationships.

III. Class Components and Instruction Time

- a. 10 minutes — Overview
- b. 60 minutes — Videos (approx. total of all 3)
- c. 30 minutes — Group Activity Interspersed with videos (approx total of all 3)
- d. 5 minutes — Review of Follow-Up Resources

105 minutes total presentation (overview, video, and activities)

IV. View Video #1: <https://www.youtube.com/watch?v=fLJsdqxnZb0>

The Happy Secret to Better Work – Shawn Achor

2,819,480 views, May 2011 Bloomington, 12:20

Facilitator Notes:

After viewing the Happy Secret to Better Work read the following paragraph to participants and engage lead participants in considering discussion question(s) of your choice.

- Shawn Achor's talk ponders "how it's not necessarily the reality that shapes us but the lens through which your brain views the world shapes your reality". Further, he explores the notion that our external physical world is NOT predictive of our happiness. Optimism, social support, ability to see stress as challenge rather than a threat can all increase our success. Consider how happiness impacts resilience and how positivity in the present increases a happiness advantage.
- Discussion Question(s)
 1. How do you handle individuals who are resistant to positive psychology and get them to buy in?
 2. Do you agree that "initiative fatigue" is parallel to what you reference that medical students go through?
 3. Acts of kindness. Love this concept, please provide me with more examples of how I can create those ripples of positivity to rewire the brain.

V. View Video #2: https://www.youtube.com/watch?v=3qELiw_1Ddg
What Trauma Taught Me About Resilience – Charles Hunt
 239,807 views, November 2016 Charlotte, 14.21

Facilitator Notes:

After viewing **What Trauma Taught Me About Resilience**, read the following paragraph to participants and lead participants in considering discussion question(s) of your choice or instead engage in activity. Form groups as appropriate to your audience if activity is chosen.

- Charles Hunt's talk discusses the importance of focus on our goals and the need to push forward and be positive with outcomes, no matter the trauma we face. Change is a constant in life and nothing gives us immunity from it. Charles' poignant message is that you can overcome and succeed, not in spite of, but because of adversity. With proper perspective and a positive attitude, we have power to overcome.
- Discussion Question(s)
 1. Everyone faces trauma. Consider adverse situations or negative change you have experienced and indicate how you can adapt and overcome events that occur in your life?
 2. Should we stay focused on our personal interests?
 3. What types of activities help occupy our minds?

Possible Activity: Have everyone think of a scenario in which brings negative emotion or reaches out to our daily duties. Ask yourselves questions regarding the situation. Then provide positive answers to the chosen scenario. Now think of the future results.

VI. View Video #3: <https://www.youtube.com/watch?v=iCvmsMzlF7o>

The Power of Vulnerability – Brené Brown

10,951,342 views, January 11 TEDxHouston, 20:49

- Brené Brown's talk explores human connection, empathy, love, and belonging. Her research reveals that people who have a strong sense of love and belonging believe they are worthy of love and belonging. We must have the courage to be imperfect and let go of who you think you should be and instead be who you really are. We live in a vulnerable world and must embrace vulnerability to experience joy, gratitude, and happiness. Be kinder and gentler to yourself and to others.

Facilitator Notes:

After viewing The Power of Vulnerability, read the following paragraph to participants and engage lead participants in considering discussion question(s) of your choice. Note that there are facilitator guidance points 1-3 to encourage participation.

- Discussion Question
 1. Why do think it might be important to show vulnerability at work?
 - a. Possible facilitator guidance for discussion:
 1. Demonstrates your ability to be connected to the people and the issues
 2. Show confidence in your position or your stance on an issue
 3. Demonstrates ability for compromise

VII. Resources

Facilitator Notes:

Briefly review 2 listed resources

- Direct Participants to the Resiliency Quiz at the link below and encourage them to take the quiz as a follow up to the session.

<http://resiliencyquiz.com/index.shtml>

- Provide Hand-out “10 Traits of Emotionally Resilient People”



10 Traits of
Emotionally Resilient F